Book 1

The Days of Sayyidah Fatimah (a)

Project Booklet

Under the Guidance of Moulana Nabi R. Mir (Abidi)

Please recite a Sūrah al-Fātiḥah for
the sponsors of this project booklet.

Important dates in Jumādā al-Ūlā

5th	Wilādah of Sayyidah Zaynab (ʿa), daughter of Imām ʿAlī (ʿa) (by some traditions)
13th	Shahādah of Sayyidah Fāṭimah az-Zahrāʾ (ʿa); beginning of Ayyām Fāṭimiyyah
15th	Wilādah of Imām Zayn al-ʿĀbidīn (ʿa) (by some traditions)

Important dates in Jumādā al-Ukhrā

3rd	Shahādah of Sayyidah Fāṭimah az-Zahrāʾ (ʿa)
13th	Wafāt of Umm al-Banīn
20th	Wilādah of Sayyidah Fāṭimah az-Zahrāʾ (ʿa)

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who contributed to this booklet.

INFORMATION AND INSPIRATION:

First Pallete: “Cupcake Liner Flowers”
Red Ted Art: Paper Plate Star Twirler
10 Minutes of Quality Time: “Crossing the Red Sea Craft”

cover: freepik

بِسۡمِ اللّٰہِ الرَّحۡمٰنِ الرَّحِیۡمِ

Salāmun ʿalaykum,

May Allah (swt) bless you and your families. Our sincerest condolences to the Imām of our time, Imām Mahdī (ʿaj), our great marājiʿ and scholars, the Muslim Ummah, and all the believers on the commemoration of Sayyidah Fāṭimah's shahādah.

The months of Jumādā al-Ūlā and Jumādā al-Ukhrā are the months of preparation and purification. These two months are the foundational months in which one has the opportunity to remove impurities in order to attain higher spiritual levels. They are considered full of immense goodness due to the birth and martyrdom of Sayyidah Fāṭimah az-Zahrāʾ (ʿa) falling within them.

In the Qurʾān, it says that the Noble Prophet (ṣ) was "a prophet from amongst you."[1] He lived amongst the people, and although he had ʿilm al-ghayb (knowledge of the unseen) as well as a high status in society, he lived a simple life. Just like her father, Sayyidah Fāṭimah (ʿa) also had ʿilm al-ghayb and a high status in society, being the daughter of the Prophet (ṣ). However, she lived a humble life and she faced all the difficulties and hardships patiently. Given her circumstances, she did not use metaphysical or spiritual means to ease her challenges. After the Noble Prophet's death, she was physically and emotionally hurt, but she still stood up against injustice and fought for ḥaq.

Sayyidah Fāṭimah (ʿa) is a role model for us in various aspects of life. When she stood up for the wilāyah of Imām ʿAlī (ʿa), she showed us the importance of standing for ḥaq. When she sacrificed herself, her home, and her children, she showed us how to give in the way of Allah (swt). When she cared for her family and cultivated an exemplary home environment, she showed us the beauty of building a strong family system. Sayyidah Fāṭimah (ʿa) devoted her life toward God-consciousness in all circumstances, and was happy and content with Allah's decisions. She is a true role model for every person, especially our mothers and sisters.

By the grace of Allah (swt), we are pleased to launch the annual Days of Sayyidah Fāṭimah (ʿa) Project Booklet. These 5 lessons will inshāʾAllāh help our kids to benefit, learn few points from the life of our beloved lady Sayyidah Fāṭimah az-Zahrāʾ (ʿa), and the activities will serve as a visual reminder of the lessons. We pray these projects will assist in planting the love of our Noble Prophet (ṣ) and his Ahl al-Bayt (ʿa) in our children and serving the oppressed of the world through prayer and good deeds. By following the right role models and serving Allah's creatures all around the earth, inshāʾAllāh we become closer to Him.

Our humble request is to create a two-way connection by all of us sharing our expertise and experiences and avoiding duplicated work, in order to maximize our potential. Please share your ideas, experiences, and successes with us, so that together, we can all move forward and build a global network.

We pray that Allah (swt) gives us the tawfīq to fulfill our duties and responsibilities towards our children, the future generation of ambassadors of Islam in this part of the world.

Jazākallāh khayrā and best wishes,
Nabi R. Mir (Abidi)
Resident ʿĀlim of SABA Islamic Center

1 Noble Qurʾān, Sūrah at-Tawbah (9), Verse 128

Yabn az-Zahrāʾ

Objective: Students will learn about the importance of wilāyah through the example of Sayyidah Fāṭimah (ʿa) as the first defender of the Imām of her time.

Today we are here to remember Sayyidah Fāṭimah az-Zahrāʾ (ʿa), the daughter of our Noble Prophet (ṣ). On the day of Ghadīr, the Noble Prophet (ṣ) had announced Imām ʿAlī (ʿa) as the leader after him. This meant that everyone should obey Imām ʿAlī (ʿa) and follow his directions, because they are the directions of Allah (swt). However, the people didn't listen to the Noble Prophet (ṣ) and did not follow their Imām. They became lost and easy for Shayṭān to trick. Sayyidah Fāṭimah (ʿa) knocked on every door in Medina to remind people of the day of Ghadīr. She was brave and worked very hard to defend the Imām of her time, Imām ʿAlī (ʿa).

It is very important that we know the Imām of our time and follow him. It is Imām al-Mahdī (ʿaj)! He loves each and every one of us very much, and he prays for us, always hoping that we will make good choices and do what Allah (swt) wants us to do. Though we cannot see him, our Imām (ʿaj) is with us, and he knows what we say and do. We should always try our best to serve Allah (swt) and show our love and obedience to Imām al-Mahdī (ʿaj) by doing what is right, even when it's hard!

Imām al-Mahdī (ʿaj) is the grandson of Sayyidah Fāṭimah (ʿa) and is sometimes referred to as Yabn az-Zahrāʾ, the Son of Zahrāʾ. Today, we are going to make headbands to show that we are warriors against Shayṭān and will always follow our Imām (ʿaj).

Headbands

Suggested Ages: 5+

Time: 40 minutes

Materials:

- Headband template
- Crayons/colored pencils
- Scissors
- Stapler/glue/tape
- Optional: Strips of black fabric and fabric paint

Procedure:

1. Color and decorate the headband however you like.
2. Cut out the 3 pieces from the template.
3. Staple the thinner rectangles on either end of the one that says "Yabn az-Zahra."
4. Wrap the headband around your head and adjust the size as needed.
5. Glue or tape the ends to close it.
6. Optional: Write Yabn az-Zahra on the fabric strip using the fabric paint. Allow to dry overnight before wearing.

Yabn az-Zahra

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A Flower From Heaven

Objective: Students will learn the importance of Sayyidah Fāṭimah (ʿa) to Imām ʿAlī (ʿa) and how he felt about her departure.

In these days of Sayyidah Fāṭimah (ʿa), we will look at her from the point of view of Imām ʿAlī (ʿa). She was an important part of his life, and he was very sad when she passed away. When mourning her shahādah, Imām ʿAlī (ʿa) said, "She [Sayyidah Fāṭimah (ʿa)] was a flower nipped in the bud, who came from paradise and went to paradise, but has left her fragrance in my mind."

A flower bud is a flower that hasn't bloomed yet. When we say a flower was "nipped in the bud," it means that it was cut before it could bloom completely. When Imām ʿAlī (ʿa) says this about Sayyidah Fāṭimah (ʿa), he means that she was taken so young, and that their time together was short.

Although it is sad that Sayyidah Fāṭimah (ʿa) left this world at a young age, Imām ʿAlī (ʿa) says that her fragrance remained. What did he mean by this? Sometimes, a strong smell can remain in a room, even after the source has left. Sayyidah Fāṭimah's "fragrance" that still remains is the impact she had on Imām ʿAlī's life, and even on our lives. Today, we are going to make a flower craft that will help us remember her.

Cupcake Flower

Suggested Ages: 5+

Time: 40 minutes

Materials:

- Ḥadīth and leaf template
- Cupcake liner
- Straw
- Crayons/colored pencils/ markers
- Scissors
- Glue/tape

Procedure:

1. Color and decorate the template however you like.
2. Cut out the ḥadīth box and punch a hole where there is a black dot.
3. Color and decorate the inside of the cupcake liner to look like a flower.
4. Take the straw and glue or tape it to the back of the cupcake liner.
5. Insert the bottom of the straw through the hole on the ḥadīth box.

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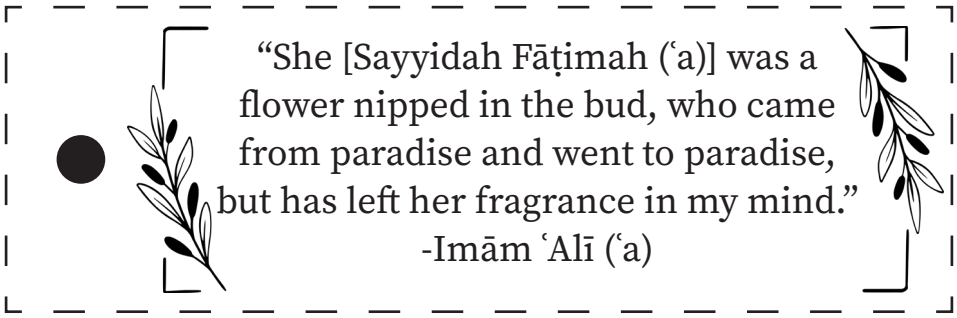
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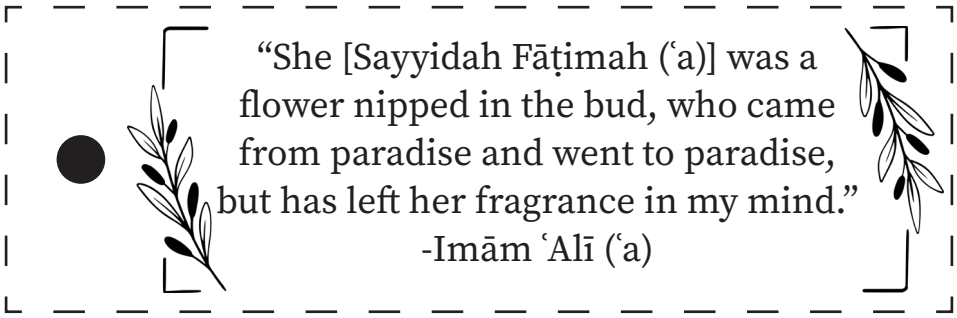
-Imām ʿAlī (ʿa)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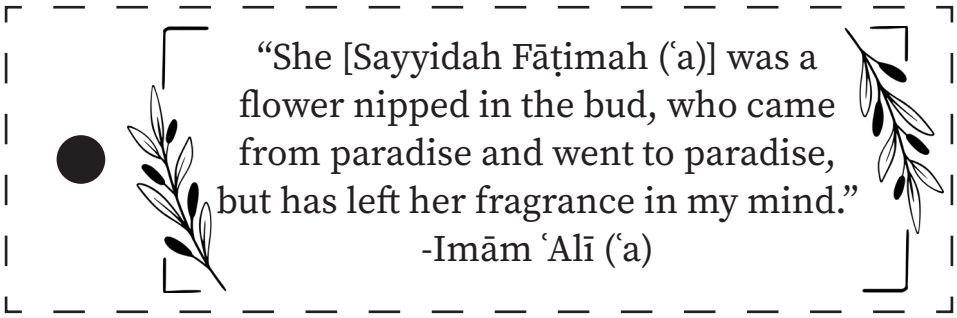
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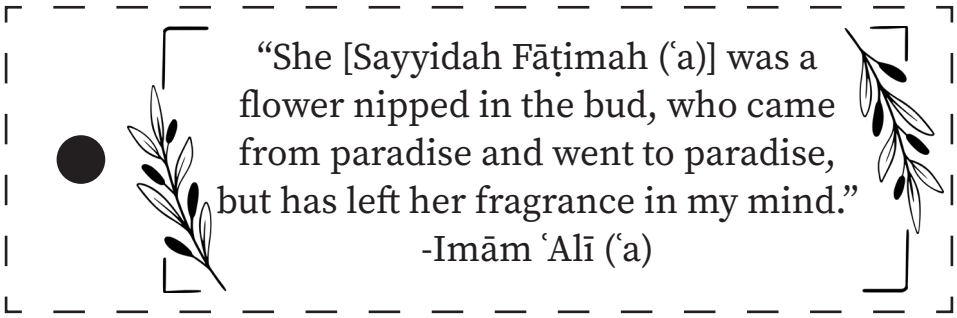
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The Soul and the Body

Objective: Students will learn about the relationship between the soul and the body, and how our behaviors shape our soul.

During these days of Sayyidah Fāṭimah (ʿa), we remember her and learn how we can try to be like her. She had the most beautiful soul, like a bright light! Allah (swt) created all of us as souls. This world is a test, and we have to make sure to always remember Allah (swt) and do our best to obey Him. If we pass this test in the world, we will have a much better reward and we will be much closer to Allah (swt).

Allah (swt) put our soul inside a body so that we can survive in this world. Our bodies are like space suits. They help our soul survive on this Earth, to move, eat, and do things that will help us pass this test and make us closer to Allah (swt). What are some ways we can use our "space suit" to gain nearness to Allah (swt)? We can help around the house, bring someone a glass of water, and visit a sick friend. If someone is crying, we can help them feel better. These are some examples of how we can make our souls brighter.

One day, Allah (swt) will take our souls back to Him. We will leave our spacesuits behind and our soul will go back to Him. We want to make sure that our soul is beautiful and glowing with light, just like Sayyidah Fāṭimah's soul! She always obeyed Allah (swt), defended her Imām (ʿa) and cared very much for others and helped them. Today, we are going to do an activity that will show how our actions affect our soul and what we can do to make sure our soul stays bright and smooth.

Shaping Our Soul

Suggested Ages: 5+

Time: 30 minutes

Materials:

- Playdough

Procedure:

1. Take the playdough out of the box and see how it is smooth.
2. Shape it through pinching, rolling, poking, etc. This shows how our actions affect our souls. Does it look the same as it did before?

3. Now, smoothen out the playdough. This shows how tawbah (repentance) and istighfār (to ask/seek forgiveness) or positive behavior and akhlāq can correct the soul.
4. Tip: You can discuss specific examples of actions while the students are playing with the playdough.

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The Nūr of ʿIbādah

Objective: Students will learn about how to brighten our souls through worship.

In these days of Sayyidah Fāṭimah (ʿa), we have been learning about her different qualities. One of the names of Sayyidah Fāṭimah (ʿa) is az-Zahrāʾ, which means radiant. When she would stand in her place of prayer, her nūr would shine so brightly that the angels would see her as a bright twinkling star, just like how we see very bright stars in the dark. Nūr is a very bright light that Allah (swt) placed in all our souls and hearts. The more we do good and the more we believe and trust in Allah (swt), the stronger this nūr becomes!

Sayyidah Fāṭimah (ʿa) had a lot of īmān (faith), and this is what made her nūr shine very bright in the heavens. She cared for the poor by feeding them and giving her belongings to them, she loved and took care of the Noble Prophet (ṣ), she loved and kept a constant connection with the Qurʾān, and she prayed all night for her neighbors. These are just a few examples of the ʿibādah of Sayyidah Fāṭimah (ʿa).

When we make good choices for the sake of Allah (swt), our nūr becomes so much brighter! Did you know that the house in which people recite the Qurʾān and are good to one another, the angels see a bright glittering star too? When we do things qurbatan ilallāh, to become closer to Allah (swt), it is like we are recharging our nūr and we become like bright, glittering stars too. Today, we are going to make a craft that shows how our nūr can shine bright, just like Sayyidah Fāṭimah (ʿa).

Star Twirler Craft

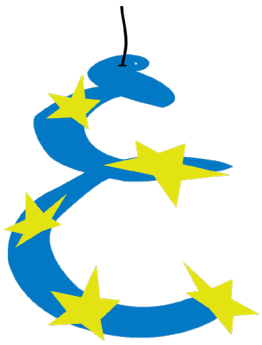
Suggested Ages: 5+

Time: 40 minutes

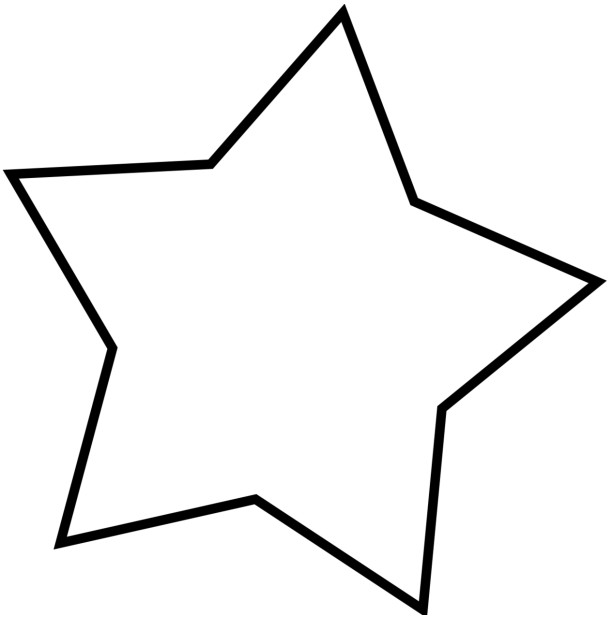
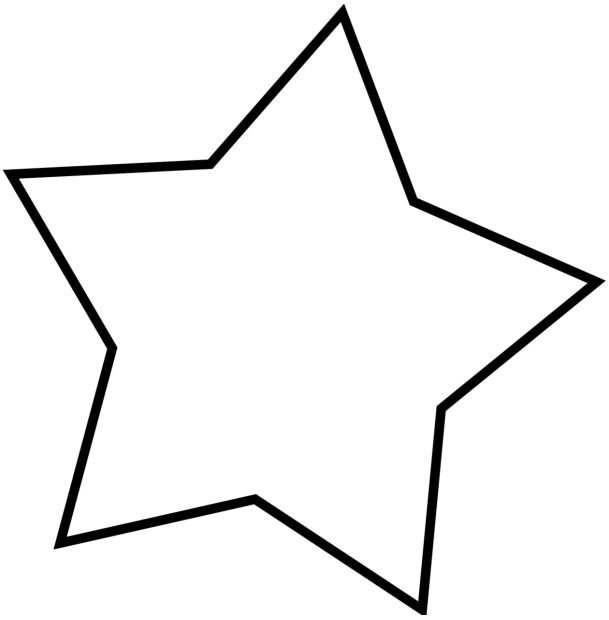
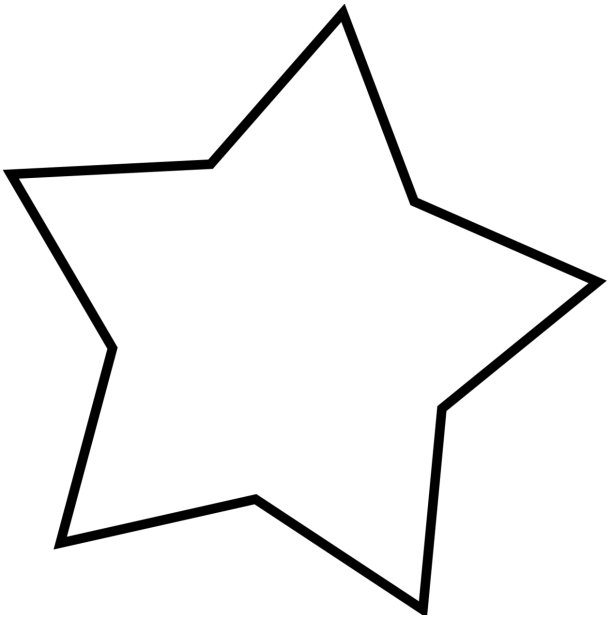
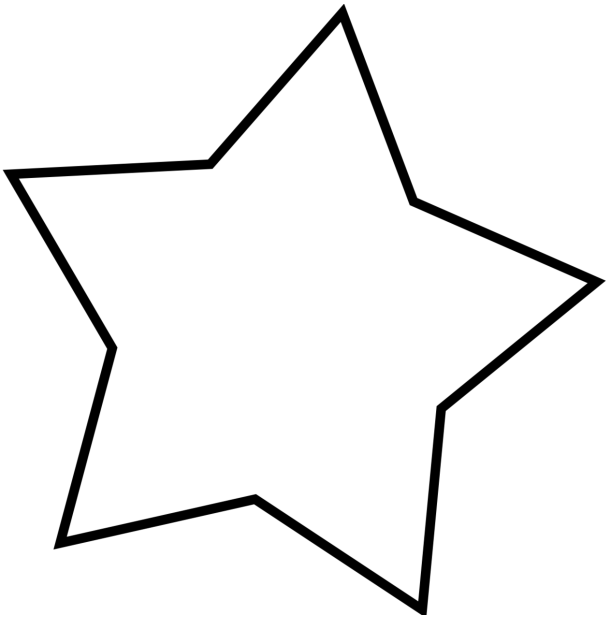
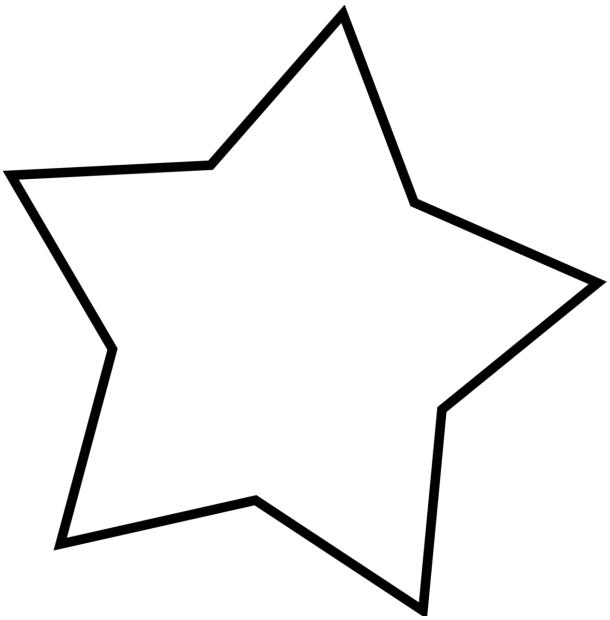
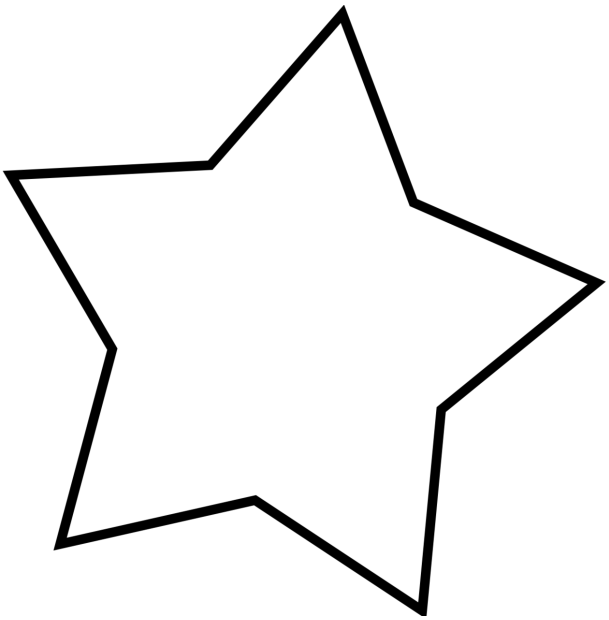
Materials:

- Stars template
- Paper plate
- Crayons/Colored Pencils/ Markers
- Scissors
- Glue
- Yarn/string
- Optional: paint

Procedure:



1. Color and decorate the stars however you like.
2. Color the top and bottom of the paper plate however you like (optional: you can use paint, but be sure to let it dry completely before continuing).
3. Cut the paper plate in a large spiral. Start at one spot and cut in a curved line while moving inward toward the center of the plate.
4. Glue the stars along the spiral cut-out.
5. Make a hole at the top of the spiral, thread the yarn or string through, and tie a knot.

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The Separator From the Fire

Objective: Students will learn about the meaning of the name Fāṭimah.

In a previous lesson, we talked about the meaning of Sayyidah Fāṭimah's name, az-Zahrāʾ. But what does her name Fāṭimah mean? Once, Prophet Muḥammad (ṣ) explained the meaning of Fāṭimah. He said, "Her name, 'Fāṭimah', means 'the one who separates.'" He continued, "she will save the followers by separating them from the punishment on the Day of Judgment." This means that Sayyidah Fāṭimah (ʿa) will be able to separate the followers of the Ahl al-Bayt (ʿa) from the fiery punishment. It is a form of intercession that Allah (swt) has granted to the Ahl al-Bayt (ʿa).

In order for someone to give intercession, they must be close to Allah (swt). Sayyidah Fāṭimah (ʿa) is the best of women and has a very high status in the eyes of Allah (swt). If we want to have this intercession from Sayyidah Fāṭimah (ʿa) and the Ahl al-Bayt (ʿa), we must have the characteristics of a true follower. We should be kind, help others, and do what Allah (swt) has asked us to do, among other things. Today, we are going to make a craft to remember the meaning of Sayyidah Fāṭimah's name, and how we can stay away from the fire if we are her followers.

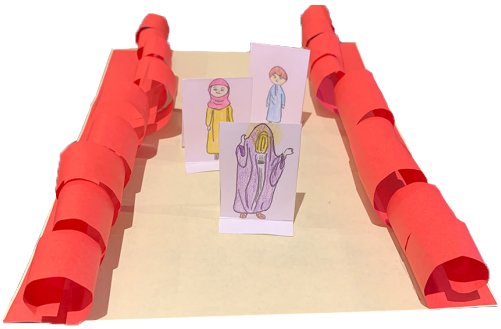
Separating Fire Craft

Suggested Ages: 5+

Time: 40 minutes

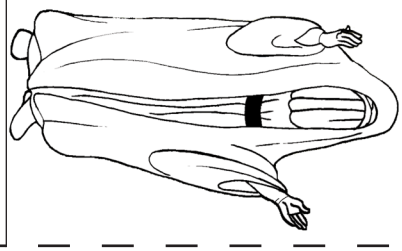
Materials:

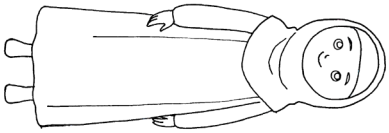
- Figurines template
- 2 pieces of colored paper (1 red and 1 any color)
- Crayons/Colored Pencils
- Scissors
- Glue

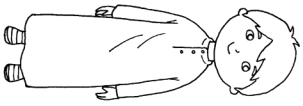


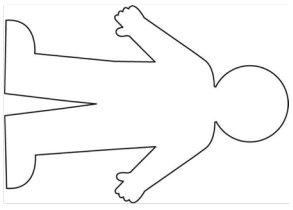
Procedure:

1. Color and decorate the figurines in the template however you like. On the blank one, you can draw your own figurine.
2. Cut out the figurines by cutting all along the dotted lines.
3. Take a figurine and fold in half along the solid line. Then, fold along the other 2 solid lines to make 2 tabs. These will hold up the figurine. Do this to all of them.
4. Now take the red paper and cut it in half lengthwise.
5. Fold one of the long sides about an inch in to make a long tab.
6. Cut small lines along each piece of red paper to make little strips, but do not cut past the folded line.
7. Roll each strip by gently folding it to the folded line.
8. Glue the long tab of each piece of red paper to the other colored paper, with the curled strips facing in.
9. Add the figurines in the space between the curled red paper to show how Sayyidah Fāṭimah (ʿa) will separate us from the fire.
10. You can glue the figurines to the paper if you like.









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